

PREPARING FOR SURGERY AT OCHSNER MEDICAL CENTER – MAIN CAMPUS

Your surgery has been scheduled for: _____ Date: _____

Arrival Time: Nurse will call the day before surgery with your arrival time

If you have not received your arrival time by end of business the day prior to surgery, please call 504-842-4070. For surgeries scheduled on Monday, nurse will call the Friday before.

You should report to:

- **The 2nd Floor Surgery Center**, located on the Jefferson Hwy side of the second floor of the Ochsner Medical Center (1514 Jefferson Hwy, New Orleans, LA 70121)
- Phone: 504-842-3033
- Please take the **Atrium Elevator** to 2nd Floor and follow the long hallway towards the front of the hospital to **Day of Surgery Center (DOSC)**

IMPORTANT INFORMATION

- Please notify your care team if:
 - If you have any allergies to medications
 - If you take any of the following medications:
 - Aspirin or products containing aspirin
 - Herbal Supplements
 - Blood Thinners: Coumadin (warfarin), Plavix (clopidogrel), Eliquis (apixaban), Xarelto (rivaroxaban), or Pradaxa (dabigatran)
 - If you are a diabetic and take medications for diabetes
- Please bring the following with you the day of surgery:
 - A form of identification
 - Insurance card
 - Name and number of contact person
 - List of medications currently taking
- You must arrange for a responsible adult to drive you home after surgery
 - You will **not** be allowed to:
 - Drive yourself home
 - Leave the surgical facility alone after sedation or anesthesia
 - Leave in a rideshare without a responsible adult accompanying you

BEFORE SURGERY

- Please stop the following medications as directed:
 - **Herbal Medications** (pill form): Stop 14 days prior to surgery
 - **Aspirin or Aspirin containing products** (ie BC Powder, Goody Powder, Excedrin, Bayer Aspirin, Ecotrin, Certain Alkaseltzers, “Baby” Aspirin etc): Stop 7 days prior to surgery
 - **Ibuprofen**: Stop 3 days prior to surgery
 - **Blood Thinners**: Stop ____ days prior to surgery (as directed)
 - Last dose on or before: _____
 - **GLP-1 Agonists Injectables**: Albiglutide (Tanzeum), Dulaglutide (Trulicity), Exenatide (Bydureon or Byetta), Liraglutide (Victoza or Saxenda), Lixisenatide (Adlyxin or Lyxumia), Semaglutide (Wegovy or Ozempic), or Tirzepatide (Mounjaro or Zepbound): **Stop 7 days prior to surgery**
 - Last dose on or before: _____
 - **GLP-1 Agonists Oral**: Semaglutide (Rybelsus): **Stop 24 hours prior to surgery**

- Last dose on or before: _____
- **SGLT-2 Inhibitors:** Ertugliflozin (Steglatro): **Stop 4 days prior to surgery**
 - Last dose on or before: _____
- **SGLT-2 Inhibitor:** Bexaflozin (Brenzavvy), Canagliflozin (Invokana), Dapagliflozin (Farxiga), or Empagliflozin (Jardiance): **Stop 3 days prior to surgery**
 - Last dose on or before: _____
- Purchase any medications you will need for recovery as directed by your surgeon (ie Acetaminophen (Tylenol), Ibuprofen(Advil/Motrin), Tums, Chloraseptic Throat Spray/Lozenges (Cepacol))
- The Pre-Op Center will call you the day before surgery to review what medications to take or hold on the day of surgery
- Please refrain from drinking alcoholic beverages and smoking or vaping marijuana for 24 hours before and after surgery

THE NIGHT BEFORE SURGERY

- You may eat a regular meal, but should stop eating by **11:00 pm** (final instructions will be confirmed during the call to provide arrival time)
- You may drink clear liquids (Gatorade, Powerade, and Water - nothing red, purple, or blue) **until 2 hours prior to your scheduled surgery time**, (final instructions will be confirmed during the call to provide arrival time)
- Take a full shower using antibacterial soap, such as Dial Soap (the night before and morning of surgery)
- Shampoo your hair as usual
- Do **not** shave any body hair at the surgical site for 2 days prior to surgery

THE DAY OF SURGERY

- Shower again using antibacterial soap to reduce infection risk
- Take only the medications the Pre-Op Center instructs you to take with a small sip of water (this may include heart and blood pressure medications, or certain diabetic medications)
- You may brush your teeth and rinse your mouth, but do not swallow any water
- Do not apply perfume, cologne, powder, lotion or deodorant
- If you wear makeup, keep it minimal, limit mascara and no false eyelashes
- Wear comfortable clothes, button-front shirt and loose-fitting pants recommended (remember these are typically the same clothes you will wear home)
- Leave your valuables at home
- Do not wear jewelry, watches, body piercings, or hairpins, hair may be pulled back with a metal-free elastic hair tie
- You may wear glasses, contact lenses, dentures and hearing aids before and after surgery, but they must be removed before you enter the operating room. ****Contact lenses cannot be worn during surgery****
Please bring a case for these items.
- Bring any devices you will need after surgery (crutches, cane, etc)
- If you use a CPAP machine for sleep apnea, please bring it with you
- If you have an implantable device (pacemaker or AICD) please bring your device information card

AFTER SURGERY

- Please refer to the handout from surgeon for specific information about your recovery
- The surgeon will update you and your family after surgery
- You will receive additional instructions with your discharge paperwork